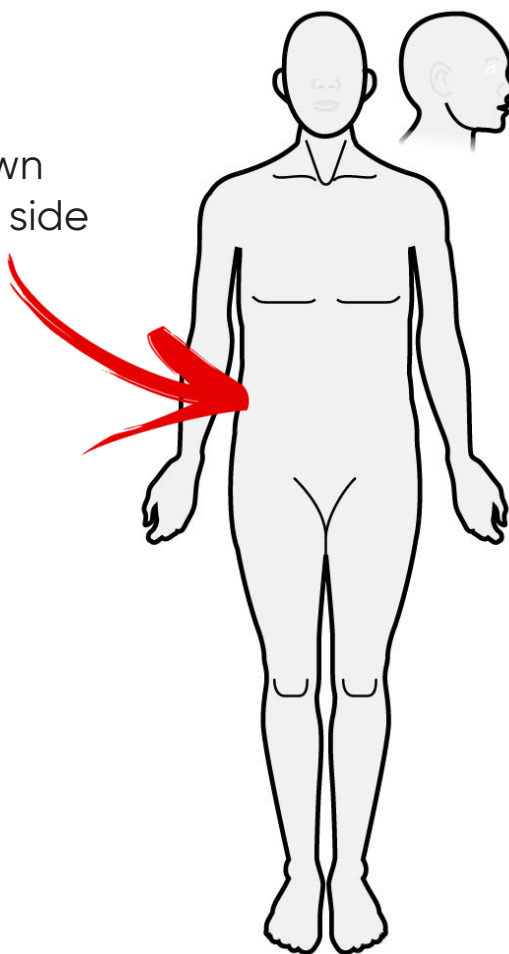


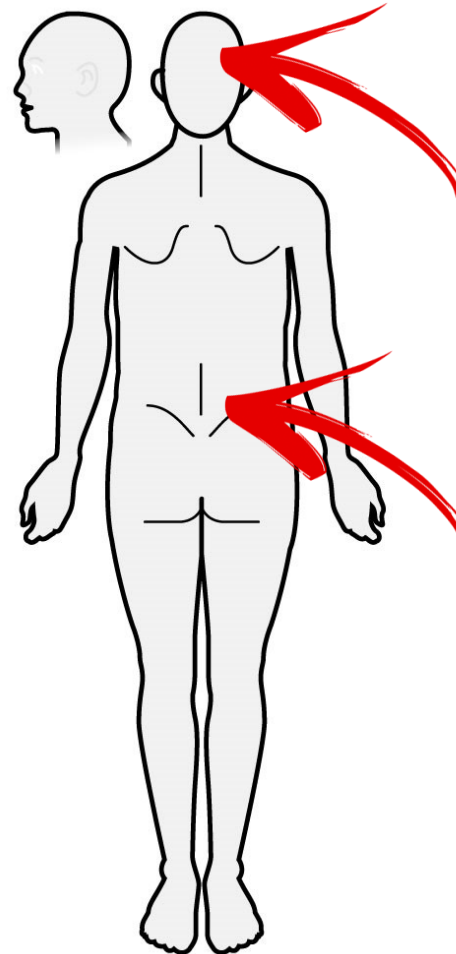


What type and where is my pain

1.
Pain down
my right side



2.
Headache



3.
Lower back
ache



Different types of pain



Pain does not feel the same for everyone. Describing your pain clearly will help your doctor or nurse find the best treatment for you.



Tell your doctor or nurse where the pain is, what it is like, how bad it is and when it happens.



Acute pain

This is pain that starts suddenly and feels sharp. It usually doesn't last for a long time, but can sometimes last weeks or months.

Example: falling over and bruising your knee.



Chronic pain

This is pain that lasts for a longer period of time. This is pain that lasts for months or years and limits your ability to live your normal life.

Example: lower back pain.

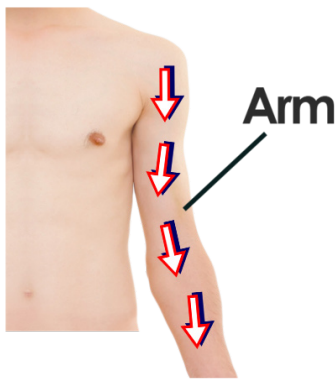
Different types of pain



Soft tissue pain

This pain happens when organs, muscles are damaged or inflamed.

Example: **a sprained wrist.**



Nerve pain

This pain happens when a nerve is damaged. Other ways to describe this pain is prickling, tingling, or burning.

Example: **shooting pains down one arm.**

Ways to describe pain



Describing your pain as well as you can will help your doctors and nurses find the best way of treating it.



Many people find it hard to put their pain into words. The questions below will help you describe your pain.

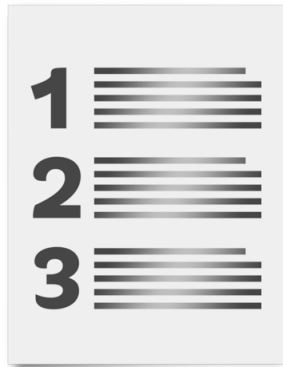
A diagram with four circles, each containing a different body part: 'Head' (a man's face), 'Back' (a person's back), 'Legs' (a person's legs), and 'Belly' (a person's torso). The word 'Where?' is written in the center.

Where is the pain?

A diagram showing two human figures. The first figure has a green dot on its head. The second figure has green dots on its head, chest, and leg. The word 'or' is written between the two figures.

Is the pain in one part of your body, or in more than one place?

Using a diagram to help



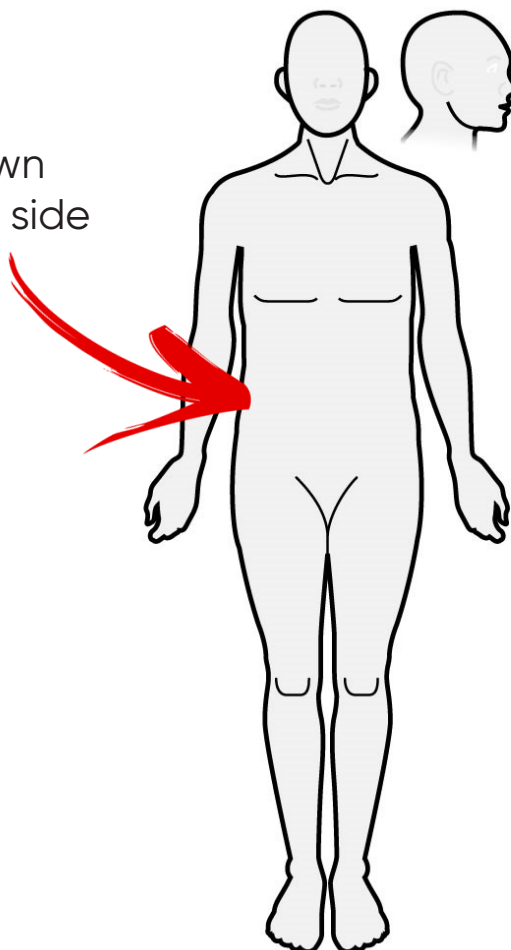
You can use a picture to mark where your pain is. If you have more than one pain, label them 1, 2, 3.



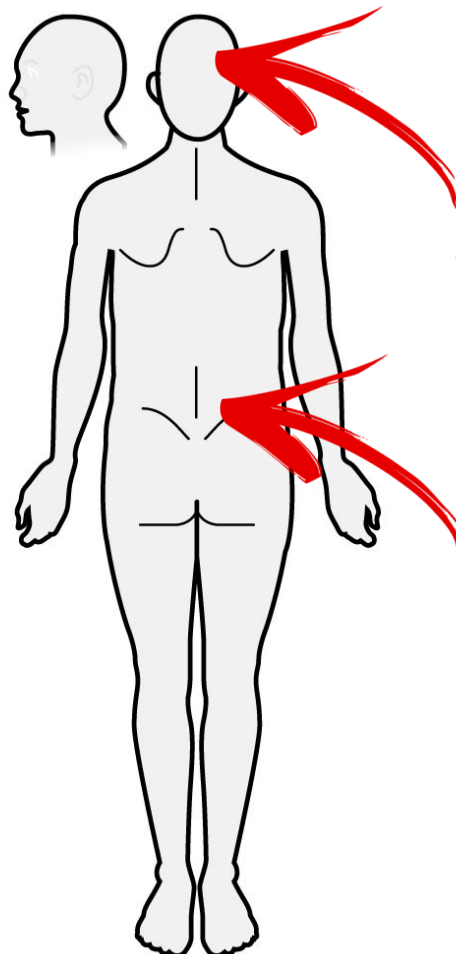
You could mark **1** being the pain that upsets you most, **2** the second most and so on.

Example of someone's pains

1.
Pain down
my right side



2.
Headache



3.
Lower back
ache



What is the pain like?



You might use the following words to describe your pain:

Aching

Sharp

Stabbing

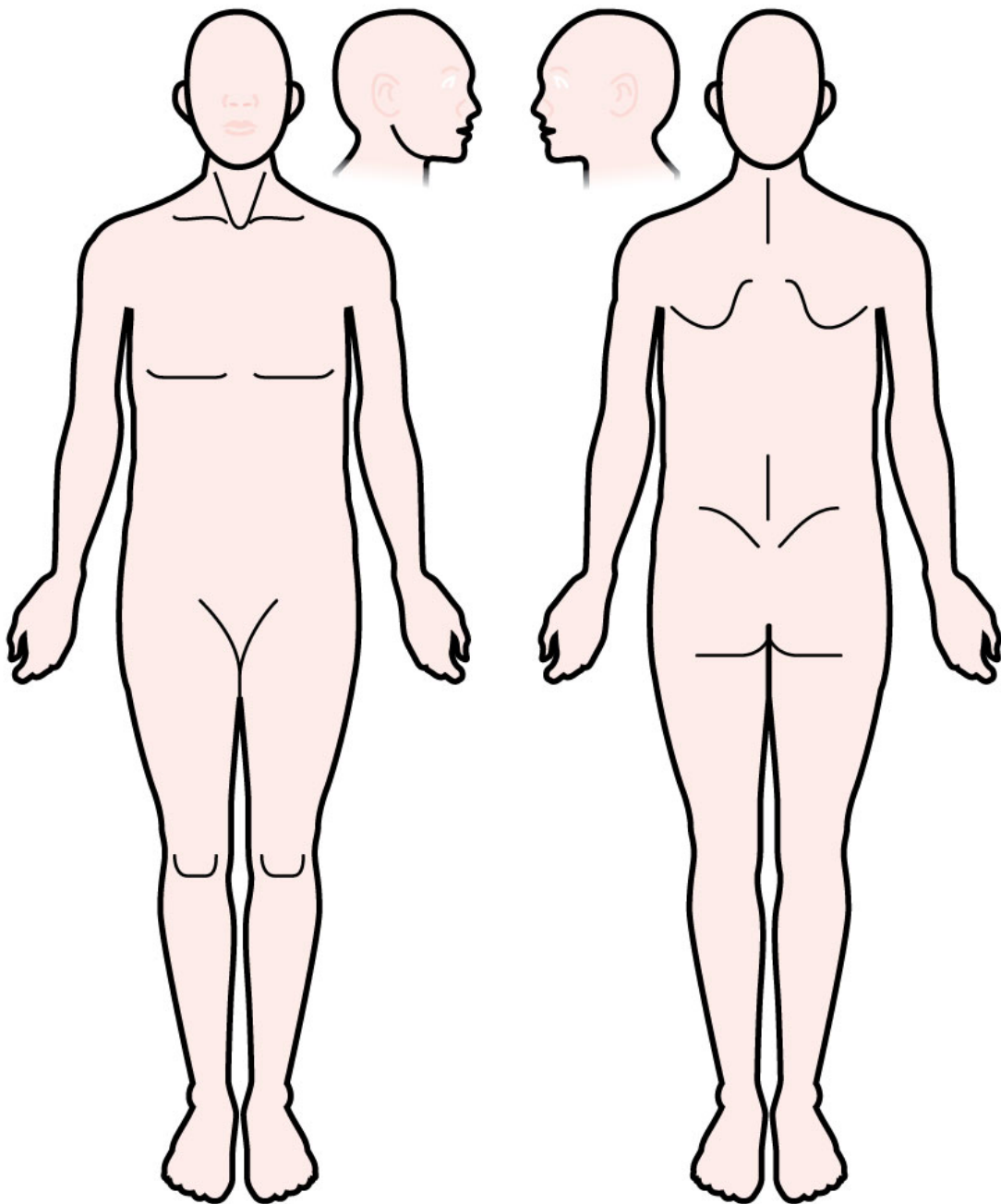
Burning

Dull

Tingling

My pain

Where is your pain? (or where are your pains?)



How bad is your pain?

Pain number 1



This is the pain:

Blank area for describing the pain.



If you measured your pain on a scale of 1 to 5, what number would you rate it? 1 means no pain, and 5 means it's really painful.

Pain Scale



1



2



3



4



5



When are you in pain?

Blank area for describing when the pain occurs.

Pain number 1



Are you in pain all the time or does it come and go?

Blank response area for the first question.



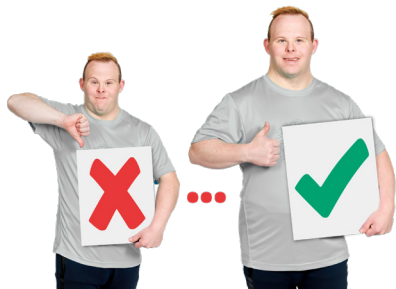
Is it better or worse at night?

Blank response area for the second question.



Does it keep you awake or wake you up?

Blank response area for the third question.



Does anything make the pain better or worse?

Blank response area for the fourth question.

Pain number 1



How does the pain affect your daily life?

Blank response area for the question: How does the pain affect your daily life?



Do you feel better or worse when you're standing, sitting or lying down?

Blank response area for the question: Do you feel better or worse when you're standing, sitting or lying down?



Do painkillers, such as paracetamol, stop the pain or just reduce it, and for how long?

Blank response area for the question: Do painkillers, such as paracetamol, stop the pain or just reduce it, and for how long?



Does the pain stop you from concentrating?

Blank response area for the question: Does the pain stop you from concentrating?

Pain number 1



Does it affect your social life, or your sex life?

Empty grey rectangular box for user input.



Knowing this will help your doctor or nurse understand the problems the pain is causing for you.



Your answers to these questions will help your doctor or nurse plan the best treatments for you.

How bad is your pain?

Pain number 2



This is the pain:

Blank area for describing the pain.

Pain Scale



1



2



3



4



5



When are you in pain?

Blank area for describing when the pain occurs.



Are you in pain all the time or does it come and go?

Blank area for describing if the pain is constant or intermittent.

Pain number 2



Is it better or worse at night?

Blank response area for the question "Is it better or worse at night?"



Does it keep you awake or wake you up?

Blank response area for the question "Does it keep you awake or wake you up?"



Does anything make the pain better or worse?

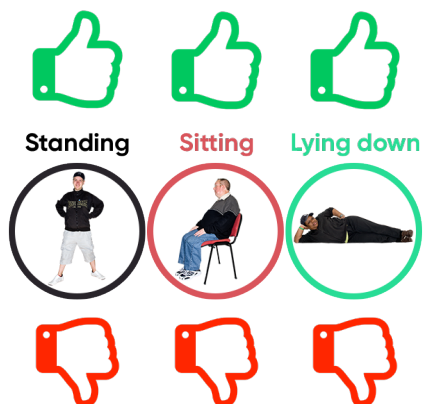
Blank response area for the question "Does anything make the pain better or worse?"



How does the pain affect your daily life?

Blank response area for the question "How does the pain affect your daily life?"

Pain number 2



Do you feel better or worse when you're standing, sitting or lying down?

Empty response box for the first question.



Do painkillers, such as paracetamol, stop the pain or just reduce it, and for how long?

Empty response box for the second question.



Does the pain stop you from concentrating?

Empty response box for the third question.



Does it affect your social life, or your sex life?

Empty response box for the fourth question.

How bad is your pain?

Pain number 3



This is the pain:

Blank area for describing the pain.

Pain Scale



1



2



3



4



5



When are you in pain?

Blank area for describing when the pain occurs.



Are you in pain all the time or does it come and go?

Blank area for describing if the pain is constant or intermittent.

Pain number 3



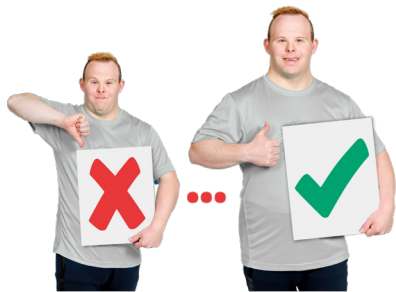
Is it better or worse at night?

Blank grey response area for the question 'Is it better or worse at night?'



Does it keep you awake or wake you up?

Blank grey response area for the question 'Does it keep you awake or wake you up?'



Does anything make the pain better or worse?

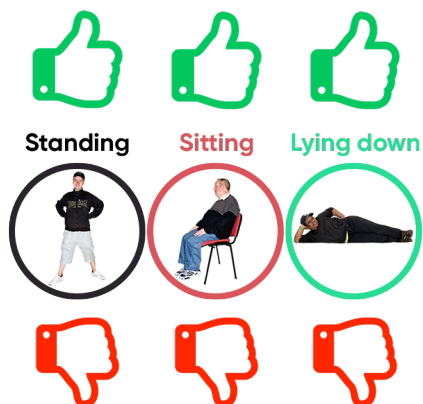
Blank grey response area for the question 'Does anything make the pain better or worse?'



How does the pain affect your daily life?

Blank grey response area for the question 'How does the pain affect your daily life?'

Pain number 3



Do you feel better or worse when you're standing, sitting or lying down?

Empty grey response box.



Do painkillers, such as paracetamol, stop the pain or just reduce it, and for how long?

Empty grey response box.



Does the pain stop you from concentrating?

Empty grey response box.



Does it affect your social life, or your sex life?

Empty grey response box.

Notes

A large, empty rectangular box with a thick blue border, occupying most of the page below the 'Notes' header. This box is intended for the user to write their notes.

Primary Care Accessible Resources

What type and where is my pain

Suffolk Learning
Disability Partnership



This booklet was co-produced by Ace Anglia and members of the 'Staying Healthy, Safe & Well' Workstream of the Joint Suffolk Learning Disability Strategy 2015-20.



The resources were originally funded by clinical commissioning groups in Suffolk. They have been amended for use in Dorset with the permission from Suffolk clinical commissioning groups.



Designed by: **Ace Anglia: Accessible Information**

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Made using:

